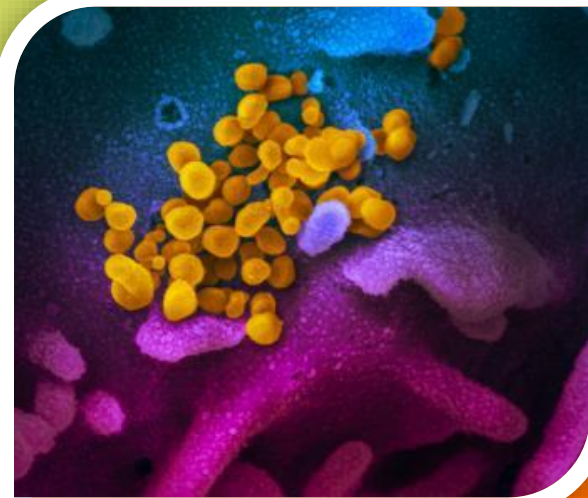


The Nauset Pulse

A newsletter publication by your School Nurse

March 26, 2020
Issue One



What are the nurses up to? *Collaboration*

The Nauset nurses are closely following the information and guidance from the Massachusetts Department of Public Health. We are working in close collaboration with each other, our building administrators, local boards of health, and school nurse leaders in other districts. Your school nurse is working diligently to stay up to date and informed during this ever-changing situation. The nursing staff is working remotely and are reachable by phone or e-mail (see below for contact information). We are available to offer guidance and support for you and your families.

It is important that you monitor for, and report to your health provider, any symptoms of coronavirus such as fever, cough, and shortness of breath. If you are sick, to the best of your ability, stay at home and isolate yourself from the rest of your family. In addition to contacting your provider, please communicate with your school nurse, symptoms or a diagnosis of COVID-19. You can rely on your school nurse for confidentiality when discussing COVID-19, or any other health related concerns.

COVID -19 testing

All families should be aware that when their children are sick, or displaying any signs or symptoms of concern, the first call should be to their child's primary care physician. That should remain the case even with the presence of COVID-19.

The doctor will screen the patient and determine the best next steps for the individual based on their health and medical history. If they feel an individual is in need of the COVID test, they will order it and tell the patient how to proceed.

If a test result is positive, the MA Department of Public Health will notify the town Board of Health via a telephone call and electronic surveillance system.

The BOH and VNA will notify and follow up with all contacts of positive individuals. Please refer to your town's website (link below) for updates on the number of positive cases of Covid-19 in your area. It will not state who the individual is or give any identifying information.



Disinfecting your home if someone is sick:

As part of your everyday prevention actions clean and disinfect frequently touched surfaces and objects. For example: tables, countertops, light switches, doorknobs, and cabinet handles.

Healthy Habits

Wash Them!

Hand-y videos might help.



Managing Stress



Take a break from the constant news monitoring of COVID-19.

Take care of your body by eating healthfully, getting some physical exercise, and getting enough sleep. Deep breathing, stretching, and meditation helps. Take time to unwind and do activities that you enjoy. Connect with others. Talk to people who you trust about your concerns and how you are feeling.



NAUSET STRONG!

we've
got
this

TOGETHER

Facts and Resources

Stay informed by visiting your local board of health web page:

[Town of Brewster](#)

[Town of Eastham](#)

[Town of Orleans](#)

[Town of Wellfleet](#)

Links to COVID-19 Facts

[Massachusetts Department of Health](#)

[Centers for Disease Control \(CDC\)](#)

[Barnstable Department of Health](#)

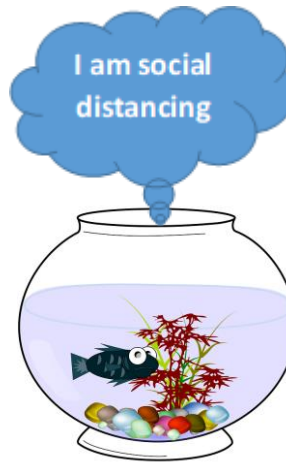
Resources

[Mass 211](#) is an easy way to find or give help in your community

[Answering Kids' Questions About The Coronavirus](#) – a video for children

[Talking to Children About COVID-19 \(Coronavirus\) A Parent Resource](#) ---- ([Versión en español](#))

[Tips for Keeping Children Healthy While School's Out](#)



Massachusetts DPH Facts	3/25/2020
Positive cases in MA	1838
Positive cases in Barnstable County	51
Positive cases 19 years and younger	2%
Positive cases between ages 20 and 59	70%

The health and welfare of your children and of our community is our top priority.

Mary Ellen Reed BSN, MBA, RN, NCSN (508) 255-0380 ext. 3005,
reedm@nausetschools.org

Bonnie Hartung, BSN, RN (508)-255-0016 ext. 6021
hartungb@nausetschools.org

Linda Nickerson, BSN, RN (508) 255-1150, ext. 4
nickersonl@nausetschools.org

Colleen Lawless (508)255-8800 ext.7061
lawlessc@nausetschools.org

Melissa Miller, BSN, RN (508) 255-8800 ext.7062
millerm@nausetschools.org

Karen LaBranche BSN, RN, CPN (508)255-0808 ext.2113
Labranchek@nausetschools.org

Claudia Cope-Crosen, M.Ed. BSN, RN 508-255-8800 ext. 7060
copec@nausetschools.org

Jaime Staniels, BSN, RN 508-255-1505 ext. 4
stanielsj@nausetschools.org

Please do not hesitate to contact any of us with questions or concerns.